

How to cope with FOMO

Fear of missing out is nowadays a very common response to the dynamic and fast changing world around us.

The digital revolution is enhancing this negative feeling and brings significant distress in our lives. Exposed to millions of people sharing the most extraordinary aspects of their lives can make our lives feel boring, empty and insufficient.

Trapped in that feeling of inadequacy we can easily fall into depression, anxiety or addiction.

Here's how to handle FOMO



- Take a few minutes to reframe your circumstances.
- Remember, you cannot compare your life with the hundreds of lives you see around you.
- Compare yourself with ONE person at a time.
- Keep in mind that people always choose to share their best angle.
- Put in balance the most extraordinary aspects of your life too.
- Don't forget to do a reality check regularly.
- It is not realistic to do, have and achieve all that others experience around you.
- It is impossible to read all the books in the world, or to visit all places on earth.
- Focus on attention on who you are, what you want from life and appreciate what is.
- Live in the present moment, everything else is a projection of your egoic mind.

A few minutes of daily meditation has proven to reduce anxiety and fear of missing out in life. Follow your breath for a few minutes at a time and you will boost your mental wellbeing significantly.